

Cagura Izahani y'Indya Zanje

Impanuro 10 z'isahani y'Indya ihambaye

Gucagura ifunguro mubuzima bw'ukubaho birashobora koroha ukoreshheje izi mpanuro 10. Koresha ibi vyiyumviro bitondekanijwe ngaha kugira uringanize ama kalori yawe, uhitemo ifunguro ufungura kenshi, n'ukugabanya ifunguro udakwiye gufungura kesnhi.

1 Ringaniza ama kalori

Menya ama kalori U keneye kumunsi nk' itambwe itangura y'ukuringaniza ibiro vyawe. Ja k'urubuga www.ChooseMyPlate.gov uronke ikiringo c'ama kalori yawe. Gukoresha umubiri navyone bigufasha kuringaniza kalori zawe.

2 Nezererwa indya zawe, mugabo ufungure buke

Fata umwanya unezererwe gose indya zawe uriko urafungura. Gufungura n'ingoga canke ige iviyumviro biri ahandi birashobora guterera gufungura kalori ninshi. Raba neza gusonza n'uguhaga kare, uriko urafungura. Zikoresha nigihe uhejeje gufungura nigihe wafunguye cane.



3 Wirinde gufungura igisata c'indya kinini

Koresha isahani ntoyi, bowl, n'iveri. Kata igisata c'indya imbere yo gufungura. Uriko urafungura, wame utora indya nkeyi, mugabangabane isahani, canke ufate igice c'indya zawe muhira.

4 Indya ugomba gufungura kenshi

Fungura imboga ninshi, ivyamwa, imbuto zidahinguye, kandi zidafise amavuta canke ipurusa 1% y'amata n'ibidandazwa bikorwa mumata. Izi ndya zifise intungamubiri z'amagara meza ukeneye —harimo potassium, calcium, vitamine D, na Fibre. Uze uzigire ifunguro nyamukuru n'ibitafuno.



5 Gira igice c'ifunguro ryawe kibe ivyamwa n'imboga

Cagura imboga z'ibara ritukura, rw'icungwa, icatsi cijimye nk'itomate, ibijumba, na brokoli nizindi mboga mw'ifunguro ryawe. Shirako ivyamwa kw'indya zawe nk'ifunguro rya minsi yose canke ushira impande y'ifunguro canke ico kunywa canke icamwa.

6 Hindura ibidafise-amavuta canke amavuta-make ipurusa (1%) y'amata

Zifise igitigiri kimwe zose ca calcium n'izindi ntungamubiri za nkenerwa nk'amata n'amazi, mugabo arimo kalori nke n'amavuta make.



7 Gira igice c'imbuto zawe zibe imbuto zidahinguye

Gufungura imbuto zidahinguye kenshi, hindura ibidandazwa vy'imbuto zidahinguye ubihinduze ibindi bidandazwa bihinguye—akarorero gufungura umukate udahinguye mucimbo c'umukate wera canke umuceri utukura mumwanya w'umuceri wera.

8 Indya ugomba gufungura buke

Usubire n'ingoga kundya zifise amavuta afatanye, zongerewe isukari, n'ivyunyunu. Harimo imikate, biscuit, ice cream, imbombo, ivyokunyuwa birimo isukari , pizza, n'inyama z'ibinure nk'imbavu ,sosiso, bacon, hot dogs. Koresha izi ndya z'ifiriti zivanze, mugabo ntizibe indya zaminsi yose.

9 Gereranya sodium mundya

Koresha Intungamubiri labelto hitamo ibidafise sodium ninshi nk'isos, umukate n'indya zikanyishije. Raba indya zifise mumakopo zifise ikimenyetso "sodium nkeyi" "vyagabanutse sodium" canke "bitongerewemo umunyu."



10 Nywa amazi mumwanya w'ivyo kunywa bisosa

Gabanya kalori unywe amazi canke ivyo kunywa bidasosa. Isoda, ibinyobwa bitera ingufu n'ivyo kunywa vyabantu bakora siporo niyo sôko nziza y'isukari na kalori mumuteguro w'ifunguro z'Abanyamerika.